

SEEING 2020 NICOTINE-FREE

Vaping isn't harmless!

The vapor or aerosol
may contain
harmful ingredients:



- Found in car exhaust
- Known to cause lung disease
- Includes heavy metals that may cause cancer



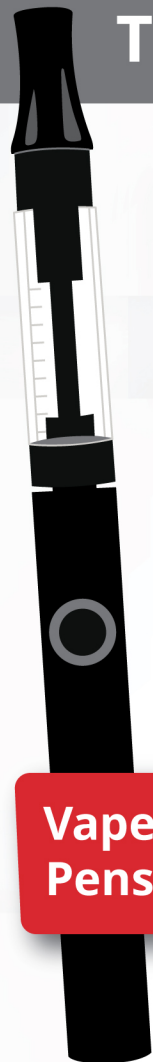
Vape
Pod

= 20



cigarettes' worth
of nicotine

TYPES OF NICOTINE DEVICES



Vape
Pens



Vape
Pods



Vape
Mods



E-cigs



Vaping is associated with serious health issues like:



Asthma | COPD | Acute Lung Injury
Lung Cancer | Heart Disease



Ready to see a nicotine-free future?
Call the Tennessee QuitLine today to get started!



Department of
Health

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1-800-QUIT-NOW
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#TNQuitWeek
#TobaccoFree2020